



Word Picture Puzzles

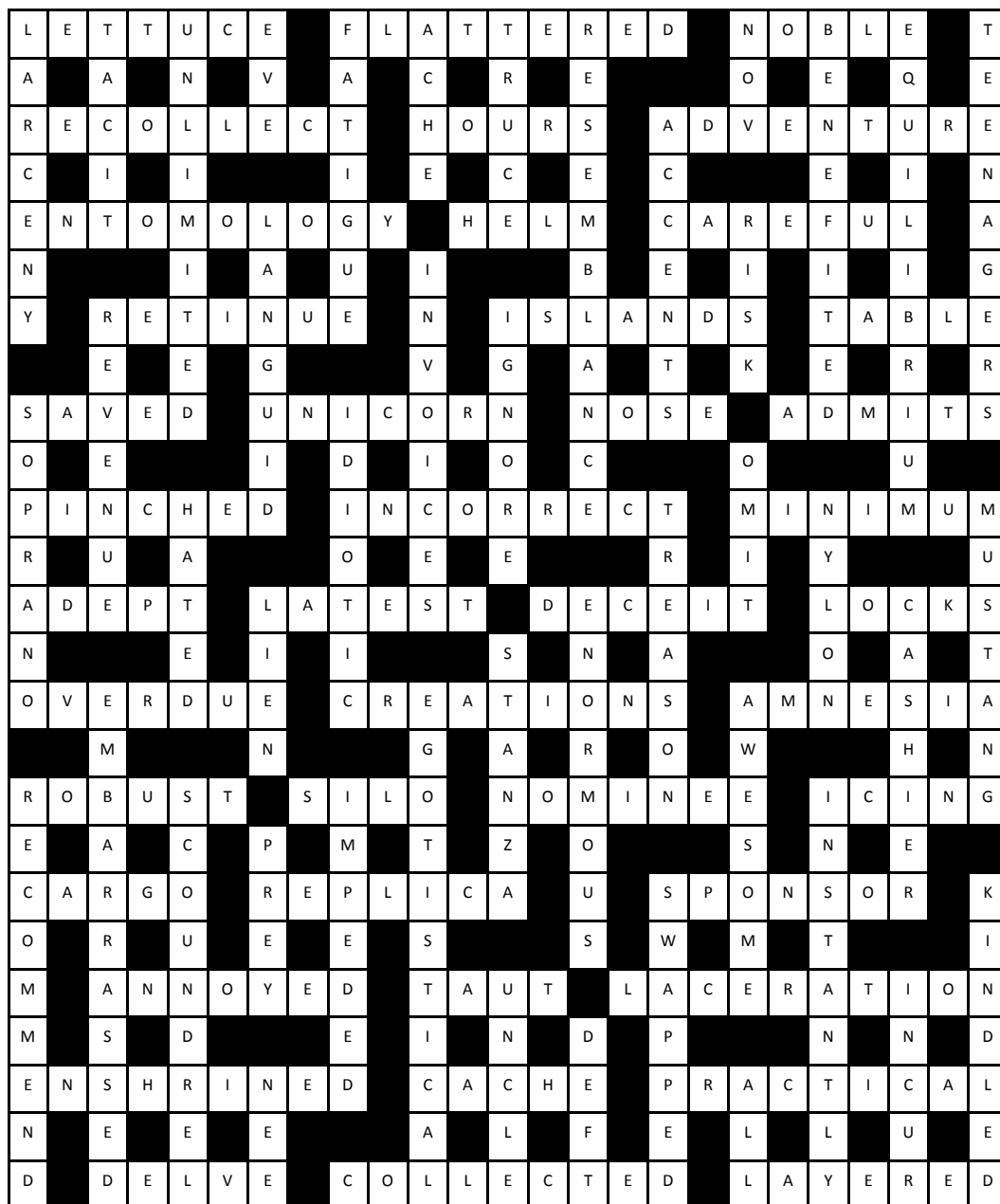
VA DERS	ABCDEFGHIJKLM NOPQRSTUVWXYZ	NINE CUMULUS	M1LLION
COVER COVER HEAD COVER COVER	give get give get give get give get	TAILR RIALT AIRTL TLRIA	$\begin{array}{r} L \\ + 0 \\ \hline SS \end{array}$
TRY STAND 2	12:00T	L O V E	UR UR UR UR UR
WINEEEE	FAREDCE	FAMILYYYYYY	E A R T H
DOCTOR DOCTOR	PumPkinPie	MCE MCE MCE	PAWALKRK

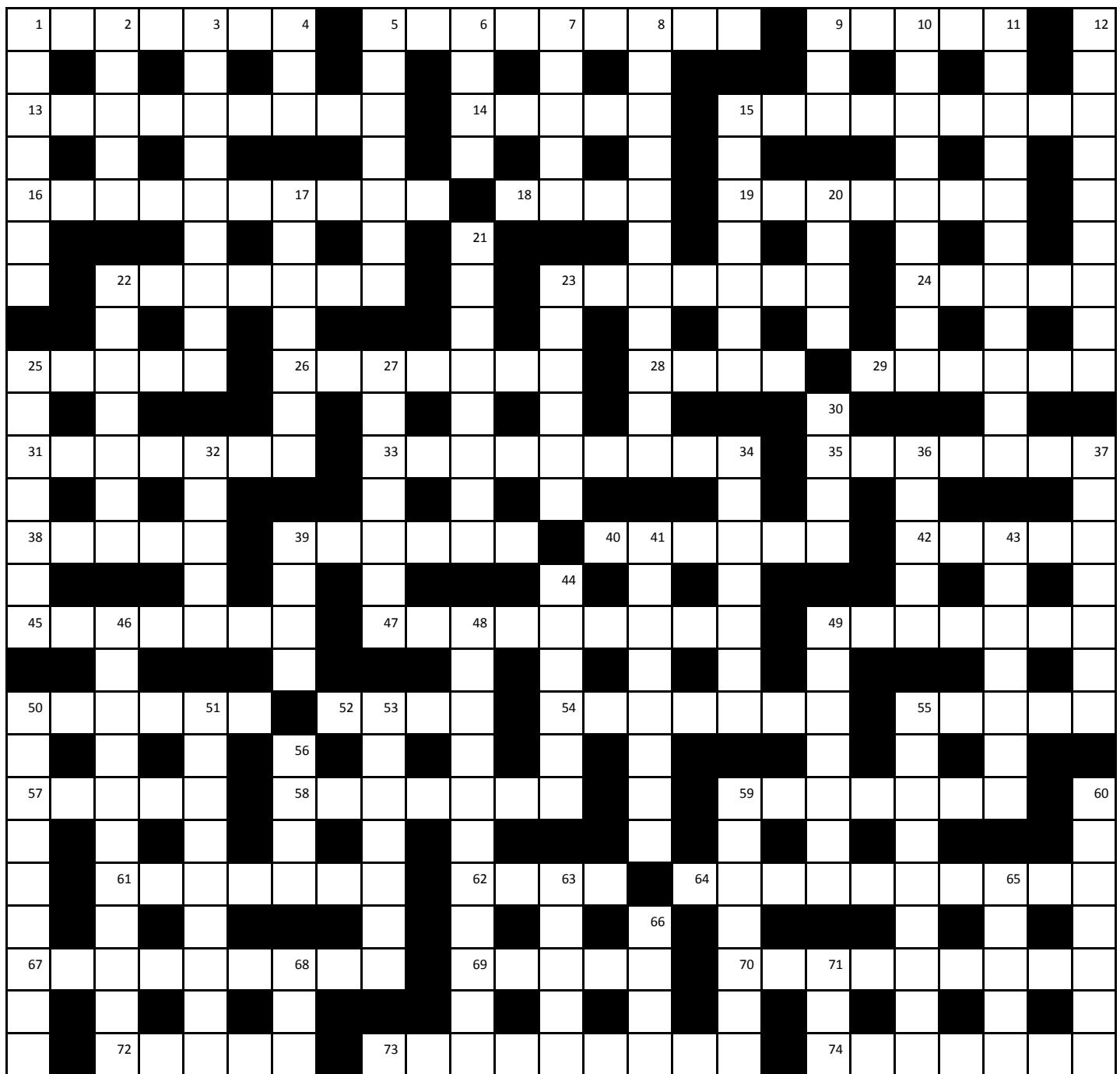
Many new things have happened in every President's term. Here are just a few interesting facts.

Unscramble the underline words to complete each fact.

1. Abraham Lincoln was the first president to be shown a nico.
2. John Adams was the first to live in the thiwe shoeu.
3. Franklin D. Roosevelt was the first to appear on leviteonsi.
4. George Washington was the first President to be shown on a mptas.
5. Grover Cleveland was the first to be dramire in the White House.
6. Richard Nixon was the first to make a telephone call to the onom.
7. Theodore Roosevelt was the first to ride in a rca.
8. Woodrow Wilson was the first to speak on the diroa.
9. Abraham Lincoln was also the first President to wear a drape.
10. John Adams was the first to have a son elected derspinet.
11. Andrew Jackson was the first to be born in a glo nibac.
12. Jimmy Carter was the first President to be born in spolitha.

1. Coin
2. White House
3. Television
4. Stamp
5. Married
6. Moon
7. Car
8. Radio
9. Beard
10. President
11. Log cabin
12. Hospital





Across

1. Vegetable (7)
5. Blandished (9)
9. Titled peer (5)
13. Remember (9)
14. Units of time (5)
15. Escapade (9)
16. They study of insects (10)
18. Ship's steering device (4)
19. Cautious (7)
22. Entourage (7)
23. Lands surrounded by water (7)

Down

1. Theft (7)
2. Implied (5)
3. Without bounds (9)
4. The night before (3)
5. Weariness (7)
6. Dull pain (4)
7. Cease-fire (5)
8. Similarity in appearance (11)
9. Month, in short (3)
10. Gained (9)
11. Equipoise (11)

- | | |
|----------------------------|--------------------------------|
| 24. Piece of furniture (5) | 12. Adolescents (9) |
| 25. Rescued (5) | 15. Dialects (7) |
| 26. Mythical beast (7) | 17. Lackadaisical (7) |
| 28. Olfactory organ (4) | 20. hazard (4) |
| 29. Lets in (6) | 21. Bills (8) |
| 31. Nipped (7) | 22. Income (7) |
| 33. Wrong (9) | 23. Disregard (6) |
| 35. Lower limit (7) | 25. Female singing voice (7) |
| 38. Skilful (5) | 27. Insanely irresponsible (7) |
| 39. Up-to-date(6) | 30. Leave out (4) |
| 40. fraudulence (6) | 32. Detested (5) |
| 42. Ringlets (5) | 34. Perfidy (7) |
| 45. not paid on time (7) | 36. Synthetic fabric (5) |
| 47. Inventions (9) | 37. Type of horse (7) |
| 49. Memory Loss (7) | 39. Security interest (4) |
| 50. Physically strong (6) | 41. Tremendous (8) |
| 52. Grain Store (4) | 43. Teller (7) |
| 54. Candidate (7) | 44. Part of a poem (6) |
| 55. Cake topping (5) | 46. Abashed (11) |
| 57. Freight (5) | 48. Conceited (11) |
| 58. Reproduction (7) | 49. Wondrous (7) |
| 59. Patron (7) | 50. Advocate (9) |
| 61. Irritated (7) | 51. Villain (9) |
| 62. Tight (4) | 53. Hindered (7) |
| 64. Cut (10) | 55. Immediately (9) |
| 67. Held sacred (9) | 56. Quarry (4) |
| 69. Hoard (5) | 59. Exchanged (7) |
| 70. Pragmatic (9) | 60. Ignited (7) |
| 72. Dig (5) | 63. Male relative (5) |
| 73. Accumulated (9) | 65. Become liable to (5) |
| 74. Superimposed (7) | 66. Dexterous (4) |

We are searching for Utah's Centennarians!

If you know anyone who was born on or before December 1910, please contact
 Lee Ann Whitaker, Division of Aging & Adult Services
 195 N 1950 W
 Salt Lake City, Utah 84116
 Phone:(801) 538-3915 or toll free: 1-877-424-4640
 E-mail: LWHITAKER@UTAH.GOV

Help Stop Medical Discount Card Fraud

The U.S. Federal Trade Commission (FTC) needs your help in halting a surge in the fraudulent marketing of medical discount cards. In these schemes, marketers typically represent that consumers will receive low-cost health insurance or medical benefits. In reality, consumers do not receive health insurance or any meaningful medical benefits. Instead, they receive a card that purports to provide discounted rates with medical providers. Consumers find that the promised discounted rates are illusory.

These bogus medical discount programs are marketed to consumers in a variety of ways, including illegal recorded telephone calls (robocalls), unsolicited faxes, radio and television ads, and web sites. Regardless of the medium, the ads often target seniors, claiming that the discount cards will supplement Medicare.

The FTC, which is the federal government's consumer protection agency, brings federal court law enforcement actions to stop fraud and obtain refunds for consumers. If you have information about a medical discount card scheme, or learn of a victim of such a scheme, please contact the FTC by calling Artie DeCastro at 202-326-2747.

East Carbon	
Classes & Activities	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Wed, 1:30pm
Cards	Tues & Fri 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Computer Class	to be announced Call center for more info
Exercise Class	Tues & Thurs 11:30 a.m.
Walking (when weather permits)	Daily 7 a.m.

Minimize Stress on Your Back

Certain positions and postures can help keep your back healthy. For starters, maintain good posture at all times: head up, stomach pulled in, and neck, shoulders, and pelvis in a straight line. When you're standing for long periods of time, rest one foot on a low stool to take some of the pressure off your lower back. Switch your "resting" foot every 10 minutes or so, and move around as much as you can.

Sitting puts more pressure on your back than any other positions. Use a straight-backed chair that allows you to keep your knees slightly higher than your hips—use a stool if you need to. This applies to driving a car as well. Keep the back of the seat straight and forward so you can reach the controls without stretching or twisting. If this is uncomfortable, put a small pillow behind your lower back (this also works well when you're traveling on an airplane). Whenever you have to sit for long periods of time, be sure to get up and stretch often.

Top 10 back care tips

Top 10 tips for a healthy back, including lifting advice, how to sit properly and back-strengthening exercises.

1. Exercise your back regularly. Walking, swimming (especially back stroke) and using exercise bikes are all excellent ways to strengthen your back muscles.
2. Always bend your knees and your hips, not your back.
3. Never twist and bend at the same time.
4. Always lift and carry objects close to your body.
5. Try to carry loads in a rucksack and avoid sling bags.
6. Maintain a good posture. Avoid slumping in your chair, hunching over a desk or walking with your shoulders hunched.
7. Use a chair with a backrest. Sit with your feet flat on the floor or on a footrest. Change how you sit every few minutes.
8. Quit smoking. It is thought that smoking reduces the blood supply to the discs between the vertebrae and this may lead to degeneration of these discs.
9. Lose any excess weight.
10. Choose a mattress suited to your height, weight, age and sleeping position.

	CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
MON	Blood Pressure 2nd & 4th Monday at 10:00a /	Billiards daily 8a-4p Shopping Albertsons 1p Shopping 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays "Music of the Heart"	Bingo (American Legion Auxiliary) at 6p
TUE		Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	The Four Tune O's 1st & 3rd Tues 11:30a /	
WED		Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p Exercise at 11:00a	Melody Five at 11:30a	
THU		Billiards daily 8a-4p Cards/Game 1p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	James (jimmy) Eaquito 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Carbon County Historical Society last Thurs of month
FRI	Free Hearing & Hearing Aid Checks 2nd Fri. at 12:45pm	Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p	Exercise Gym open daily 8a-4p Exercise at 11:00a		
<div> <div>Computer Class:</div> <div>Call Center for info 636-3202</div> <div>On going Daily Activities:</div> <div>Subject to Change without Notice</div> </div>						

Sweetheart Dance

Price Senior Citizen Center

*February 13, 2010
7:00 - 9:00 PM*

Refreshments

*Everyone
Welcome*

*Contact:
Annette 650-0049*

MUSIC PROVIDED BY:

*Music
of the
Heart"*



Dear Seniors,

As I sit writing this letter, it is snowing. As much as I love living in Carbon County and appreciate that we have four distinct seasons, I do not enjoy the mess and the dangers that winter brings. Icy snow packed roads are always a concern even when only driving short distances. I encourage those of you who drive to the center to use the bus particularly when driving could pose a hazard.

As you will notice within the newsletter we have a flyer announcing a Valentines dance so mark your calendar for Saturday February 13th. The dance committee always works hard to make our dances fun. This dance will be no exception. I want to remind you that dances at the center are not just for seniors. We encourage you to bring your friends and family.

Another computer class begins this month. Greg Spence, our computer instructor, will begin a new class on Thursday February 11th. The class will run for six weeks on Thursdays from 10 a.m. until 12 noon. Class dates are as follows: February 11, 18 and 25, March 4, 11 and 18. Please call the center (636-3202) to signup for the class. Greg does an excellent job teaching and is flexible, so make sure you bring your questions.

Construction of the new Carbon County Senior Activities Center is coming along quite nicely. It is really going to be a show piece for Carbon County. The seniors of Carbon County are truly blessed. I know this has been a long awaited dream for many of you. They continue to project completion of the building for July 2010.

Many times we have given you information on scams that are currently being used to cheat people, particularly seniors, out of their money. To be honest it is almost impossible to keep you informed of the newest scams out there as someone is always coming up with another latest and greatest way of stealing from you. I want to give you one good piece of advice. DO NOT give your personal or account information to anyone over the phone or thru email that you did not contact yourself, even if they say they are from your bank or credit card company, even if they seem very knowledgeable about your account and have significant information about you. Your bank, credit union, or credit card company WILL NOT ask for your personal or account information over the phone or thru email.

May God bless you,

Debby

Thoughts to consider:

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

- Martin Luther King, Jr.

Care more than others think wise. Risk more than others think safe. Dream more than others think practical. Expect more than others think possible.

- Unknown

SPACE INVADERS	MISSING YOU	ON CLOUD NI NE	ONE IN A MILLION
HEAD FOR COVER	FORGIVE & FORGET	TRAIL MIX	TOTAL LOSS
TRY TO UNDERSTAND	NOON TEA	FALLING IN LOVE	RIGHT YOU ARE OR YOU ARE OUT OF LINE
WIN WITH EASE	RED IN THE FACE	EXTENDED FAMILY	DOWN TO EARTH
PARADOX	PIECE OF PUMPKIN PIE	THREE BLIND MICE	WALK IN THE PARK

Important Phone Numbers

EMERGENCY Calls Only 911

Fire, Police, Ambulance for all cities in Carbon County or after 5:00pm, weekends & holidays 637-0890/636-3277

City Police & Sheriffs Offices

Price Police Dept. 636-3190

Sheriff's Office 636-3251

Public Safety Dispatch 637-0890

Helper Police Dept. 472-3719

Wellington Police Dept. 637-4830

East Carbon Police Dept. 888-2081

Just in case Phone Numbers

Poison Control 1-800-456-7707

Animal Control 637-6654

Questar Gas 1-800-541-2824

Rocky Mountain Power 1-888-221-7070

Hospital 637-4800

Utah Highway & Road Condition

1-800-492-2400

Utah Legal Services

1-800-662-4245 / www.uls.state.ut.us

Active Re-Entry 637-4950

Adult Protective Service 636-2394

Referrals: 1-800-371-7897

www.hsdaas.utah.gov/ap_referral.htm

Domestic violence Information

1-800-897-5465

Carbon County Food Bank 637-9232

Care-A-Van 637-3671

Health Department 637-3671

Heat Program 613-0100

Information & Referral Center 637-5170

R.S.V.P. 636-3204

Price Senior Center 636-3202

East Carbon Senior Center 636-3703

Deaf-Blind Services

1-800-284-1823 Ext 358 voice